

Increase Your Bottom Line by Giving the Gift of Yoga

If you're a manager or you work in the human resources field, then you know that employee stress hurts the bottom line. However, you may not be familiar with the statistics. They will surprise you.

In the USA alone, stress costs businesses \$300 Billion per year. That's roughly \$2,000 per employee.

The World Health Organization named stress as "the epidemic of the 21st century."

THE COST OF STRESS IN THE WORKPLACE COMES FROM:

- Sick days
- Brain fog
- Poor concentration.
- Missed deadlines
- Lack of harmony between employees
- Errors
- Tardiness
- Accidents
- Employee turnover

Many companies are implementing programs to reduce employee stress. Quite a few of them are offering yoga classes as a benefit. Companies with onsite yoga classes include Forbes, Apple, the Chicago Bulls and HBO. These classes are typically before work, after work or during the lunch hour.

We at SIRA invite you to "bring the change" and learn how to teach yoga in your workplace or anywhere else. **We are offering a training program that is ABSOLUTELY FREE.** You will learn how to do yoga and how to teach it. You don't have to know yoga to get started. We will teach you. If it's not your cup of tea, then bookmark this page for an employee who may be interested in this free program.

Fill in the form to get your free training.

HERE ARE SOME BENEFITS OF CORPORATE YOGA

- Less mistakes
- Better decision making skills
- Greater morale and team work
- Increased productivity
- Lower absence rate
- Improved multi-tasking skills
- Declining employee turnover
- Better customer service

- Less injuries
- Enhanced creativity
- Better memory
- Higher energy

That is a long list of benefits, and that's not even all of them!

Enter your best email in the form and get your free yoga instruction and yoga teacher training.

THIS IS WHAT YOU WILL GET IN YOUR FREE TRAINING

- **Yoga training videos.** You will learn yoga from a skilled instructor.
- **Yoga teacher training videos.**
- **Detailed FAQ's based on many years of teaching experience.** This will greatly reduce the trial and error process.
- **Lesson plans.** You won't have to "wing it". We'll give you a curriculum that has been tried and proven many times.
- **Cheat sheets.** These will come in handy if you forget something during class.
- **Lots of tips and tricks.** Learn from the wisdom of some of the most seasoned yoga teachers so you don't have to reinvent the wheel.
- **Safety training.** This will reduce the chances of injury.

Enter your best email address in the form, and all of the above will be yours.

You don't need a long and expensive yoga certification program to become a yoga teacher. We'll give you everything you need to know to get started.

Do yourself, your co-workers, your family and your community a huge favor. Become a yoga teacher.

Fill in the form to get instant access.

- Lateness
- Lack of harmony between co-workers

The World Health Organization has named stress as the “epidemic of the 21st century.”

Many businesses offer programs to relieve employee stress because they know that it’s a win-win. It’s an increasing trend that likely won’t go away any time soon. One popular approach is to offer yoga classes as an employee benefit.